

## Cod Poached in Spicy Tomato Broth



### Ingredients

- 1 tablespoon olive oil
- 1 1/2 teaspoons bottled minced garlic
- 1 cup water
- 3/4 cup dry white wine
- 2 tablespoons capers
- 3/4 teaspoon crushed red pepper
- 1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano
- 4 (6-ounce) cod fillets
- 10 kalamata olives, pitted and chopped

### Preparation

- Heat olive oil in a large nonstick skillet over medium-high heat. Add garlic; sauté 1 minute or until lightly browned. Add water and next 4 ingredients (water through tomatoes); bring to a boil. Reduce heat, and simmer 2 minutes. Add fish; cover and simmer 5 minutes or until fish flakes easily when tested with a fork. Top with olives.